

VALUE ADDED COURSE

Course name	Dealing with Stress at work
Course code	DSW20
Duration	24 hours

About the course: A feeling of emotional or physical tension is called stress. It can be due to any thought or event that makes us feel frustrated, angry or nervous. Stress is a body's reaction to challenge or demand. Medical student's life at times can be filled with stress so this course was developed to help the participants get to learn about stress and its effects on daily life.

Course Objectives:

1. To understand what is stress and its impact on the human life
2. To understand how to have support groups
3. To learn everyday practices and methods to decrease stress

Course content:

- **Module 1:** Need for understanding stress
- **Module 2:** Mental health care
- **Module 3:** Support groups and their need
- **Module 4:** Relation of nutrition and sleep with stress
- **Module 5:** Mindfulness practices to avoid or prevent stress



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VALUE ADDED COURSE

Course name	Dealing with stress as a Medical Student
Course code	DSM21
Duration	24 hours

About the course:

Life as a medical student can be quite stressful at times so this course was planned which focused on stress management to cope with adversity. This course aimed to equip participants with practical skills to help cope with stress. A few minutes each day are usually enough to practice the self-help techniques.

Course Objectives:

1. To understand what is stress and its impact on the human personality
2. To learn to promote positive thought process and thinking outside the box.
3. To understand how to Improve decision-making abilities and avoiding unnecessary thoughts
4. To learn to build solid interpersonal relationships

Course content:

Module 1: Introduction to Stress

Module 2: Causes of Stress


Module 3: Types of Stress


Module 4: Stress and Personality

Module 5: Thoughts, Beliefs and emotions in stress

Module 6: Relaxation and cognitive Techniques

Module 7: Exercise and DIY techniques


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VALUE ADDED COURSE

Course name	Quality in Hospital Services
Course code	QHS17
Duration	16 hours

About the course: The course was designed to describe in a comprehensive manner the various aspects of quality and how to develop a quality assurance system in the hospital. The participants were introduced to the concept of maintain quality in hospital care and services

Course Objectives:

1. To learn about how to maintain quality in hospital services
2. To learn in detail quality management and assurance
3. To understand the difference between QA and QC
4. To get an understanding of root cause analysis and lean six sigma

Course content:

Module 1: Definition of Quality

Module 2: Quality management

Module 3: Quality Assurance


Module 4: Difference between QA and QC

Module 5: PDCA cycle

Module 6: Root Cause Analysis

Module 7: Lean Six – Sigma

Module 8: Failure Mode Effect Analysis (FMEA)


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VALUE ADDED COURSE

Course name	Managing Quality Control in Hospital Services
Course code	MQC18
Duration	16 hours

About the course: This course was designed for the medical post graduate students to sensitize the participants about the concepts of quality control in hospital services. It aimed at helping regulatory standards to be maintained with the utmost precision to offer quality care to the patients.

Course Objectives:

1. To learn about what is quality control in hospital services
2. To learn in detail about PDCA cycle and Failure Modes and Effects Analysis
3. To get an understanding of root cause analysis and lean six sigma

Course content:

Module 1: Introduction to Quality


Module 2: Difference between QA and QC

Module 3: PDCA cycle

Module 4: Root Cause Analysis

Module 5: Lean Six – Sigma

Module 6: Failure Mode Effect Analysis (FMEA)


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VALUE ADDED COURSE

Course name	Quality Assurance in Hospital Services
Course code	QAH19
Duration	18 hours

About the course: Quality assurance is the term used in both manufacturing and service industries to describe the systematic efforts taken to ensure that the product and services delivered to patients meet with the contractual and other agreed upon performance, design, reliability, and maintainability expectations of patients. This course was designed for medical postgraduates so that they understand the steps are taken to maintain Quality Assurance in Hospital Services

Course Objectives:

1. To learn about what is quality maintenance in hospital services
2. To learn in detail about PDCA cycle and Failure Modes and Effects Analysis
3. To get an understanding of root cause analysis and lean six sigma

Course content:

Module 1: What is quality? Need for CQI


Module 2: PDCA cycle


Module 3: Failure Mode Effect Analysis (FMEA)

Module 4: Root Cause Analysis

Module 5: Lean Six – Sigma

Module 6: PSQ


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VALUE ADDED COURSE

Course name	Quality Control in Health Care
Course code	QCH20
Duration	16 hours

About the course:

Managing the complete hospital operation in a beneficial manner by using numerous hospital quality measurements and standards so that the hospital works in a desirable state is referred to as hospital quality management. This course was designed to give an assessment of the requirements to maintain quality in hospital services.

Course Objectives:

1. To learn about what is quality maintenance in hospital services
2. To learn in detail about PDCA cycle and Failure Modes and Effects Analysis
3. To get an understanding of root cause analysis and lean six sigma

Course content:

Module 1: What is quality? Need for CQI

Module 2: PDCA cycle

Module 3: Failure Mode Effect Analysis (FMEA)

Module 4: Root Cause Analysis

Module 5: Lean Six – Sigma

Module 6: PSQ



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VALUE ADDED COURSE

Course name	Quality Control & Quality Assurance in Health care
Course code	QCQ21
Duration	16 hours

About the course: Hospital quality maintenance means the process of managing the entire entailed hospital operation in a worthwhile fashion by applying the various hospital quality measures and standards, so that the hospital functions in a desirable condition. This course aimed at providing a bird's eye view of the entire methodology of maintain quality in hospital services

Course Objectives:

1. To learn about quality maintenance and its tools.
2. To learn in detail about PDCA cycle and Failure Modes and Effects Analysis
3. To get an understanding of root cause analysis and lean six sigma

Course content:

1. **Module 1:** Welcome and introduction
2. **Module 2:** Introduction to quality, quality tools
3. **Module 3:** PDCA cycle
4. **Module 4:** FMEA
5. **Module 5:** Root cause Analysis
6. **Module 6:** Lean Six – Sigma
7. **Module 7:** PSQ & conclusion



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VALUE ADDED COURSE

Course name	Disaster management - Recovery
Course code	DMR18
Duration	16 hours

About the course: The course was conducted for the second Prof medical students to understand the depth and seriousness of disaster where disruption of the functioning of a community or society takes place, which involves widespread human, material, economic or environmental impacts that exceed the ability of the affected community or society to cope using its own resources.


Course Objectives:

- To learn about different types of disasters and their management
- To gain the knowledge of minimizing deaths and disability
- To have an improved strategy of preventing disease spread during disasters and providing medication supplies etc

Course content:

- **Module 1:** Types of Disasters
- **Module 2:** Types of Disaster Management
- **Module 3:** Disaster management cycle
- **Module 4:** Disaster management act, NDRF, SDRF
- **Module 5:** Effects of disaster


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VALUE ADDED COURSE

Course name	Presentation & Teaching Skills - Improvising and excelling
Course code	IEP17
Duration	16 hours

About the course:

Every post graduate student is required to participate in the teaching and training program of undergraduate students. The importance of mastering teaching methodology training cannot be ignored as it grooms the future teachers in the right direction, in the right time. This course was conducted to help post graduate students to develop and master this skill.


Course Objectives:

1. To learn to understand the benefits of better presentation during teaching
2. To prepare well for a presentation
3. To learn to use modern methods and traditional ones to your advantage

Course content:

- **Module 1:** Importance of a good presentation and communication in teaching
- **Module 2:** Preparing and organizing the presentation
- **Module 3:** Presenting well - Tone, pitch and speech modulation
- **Module 4:** Presenting well - Gestures and facial expression
- **Module 5:** Non verbal communication
- **Module 6:** Effective use of chalkboard and visual aids


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VALUE ADDED COURSE

Course name	Presentation & Teaching Skills - Improvising & Upgrading Methods
Course code	PTSI18
Duration	18 hours


About the course: This course was designed keeping in mind that post graduate medical students have future teaching roles as residents and faculty members, also medical students who develop effective communication skills have improved interaction with patients, and not ignoring the fact that medical students with a better understanding of teaching strategies may become better learners themselves.

Course Objectives:

1. To learn better methods of presentation and communication as a teacher.
2. To learn to prepare for improved presentations
3. To learn to modulate non verbal communication to your advantage

Course content:

- **Module 1:** Importance of a good presentation and communication in teaching
- **Module 2:** Preparing a good presentation – Steps
- **Module 3:** Steps – Poise, Voice and Life
- **Module 4:** Steps – Eye Contact, Gestures and Speed
- **Module 5:** Steps - Explaining from the student's viewpoint of understanding
- **Module 6:** Common mistakes in presentation


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VALUE ADDED COURSE

Course name	An Approach to Presentation & Teaching Skills - Making it Easy
Course code	BCP19
Duration	18 hours

About the course:

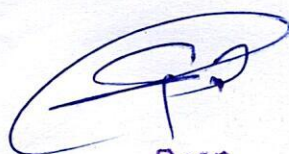
Teaching is a noble profession where post graduate students need to use a variety of teaching strategies to assure that they are meeting the needs of their students. Individuals learn differently based on their learning style, multiple intelligences and past knowledge and experience. This was the focus in mind when this course was developed so as make teaching and presentation an easy approach for beginners.

Course Objectives:

1. To learn how to plan and organize a teaching session
2. To learn the basic skills to present well in a lecture
3. To use teaching strategies effectively and better

Course content:

- **Module 1:** Importance of a good presentation and communication in teaching
- **Module 2:** Traditional teaching skill and 21st century skill
- **Module 3:** Principles of visual aids
- **Module 4:** Using basic A/V aids
- **Module 5:** Effective PPT presentation – fonts, color, Spelling, Graphics, Background
- **Module 6:** Improving presentation style



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VALUE ADDED COURSE

Course name	Presentation & Teaching Skills - Speak Better and Effectively- Make An Impact
Course code	PTSS20
Duration	18 hours

About the course: Postgraduate medical student should not only aim to develop competencies in concerned specialties, patient care and thesis related work but also need to focus on attaining good presentation and teaching skills. Keeping this in mind this course was developed to help postgraduate medical students learn to speak better and effectively to make an impact.


Course Objectives:

1. To learn the importance of good presentation and communication and to develop it
2. To learn to overcome barriers in communication by learning correct methods

Course content:

- **Module 1:** Importance of a good presentation and communication in teaching
- **Module 2:** Preparing a good presentation – Introduction, Body and Conclusion of the presentation
- **Module 3:** Steps – Setting the Scene & Structuring the talk
- **Module 4:** Steps - Overcoming barriers in communication
- **Module 5:** Steps - Voice, Breathing and Posture.
- **Module 6:** Steps – Dealing with questions and summarizing


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VALUE ADDED COURSE

Course name	Palliative Care
Course code	PC17
Duration	18 hours


About the course: Terminally ill patients often require a lot of care and a strategy to deal with their symptoms and conditions. The participants need to understand what palliative care is and how it functions. Various basic guidelines need to be followed. This overlapping role of doctors, nurses and paramedical staff also has to be clear in the same. This course was designed to give an overall understanding of palliative care


Course Objectives:

1. To understand the basics of palliative care, its need and national programs introduced for palliative care
2. To understand the roles of doctors, nurses and other paramedical staff in palliative care of patients.

Course content:

- **Module 1:** History of palliative care
- **Module 2:** Introduction to PC
- **Module 3:** National program for PC
- **Module 4:** Role of doctors in PC of patients, terminal stage of cancer
- **Module 5:** Role of nurses and paramedical staff in PC
- **Module 6:** Patient centered care


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VALUE ADDED COURSE

Course name	Disaster management - effects and management
Course code	DME17
Duration	16 hours

About the course: Disasters whether natural or human made have a huge impact on the society and it become a moral responsibility of doctors to deal with it. Keeping this in mind, this course was designed so that medical students get an understanding of the methods of dealing with various types of disasters and how to make life better during such circumstances.

Course Objectives:

1. To learn about different types of disasters and their management
2. To gain the knowledge of minimizing deaths and disability
3. To deal with psychological problems and spread of communicable diseases during disaster
4. To learn to deal with shortage of food, drugs and medical supplies during disasters.

Course content:

- **Module 1:** Deaths and disability
- **Module 2:** Communicable disease
- **Module 3:** Psychological problems
- **Module 4:** Food shortage
- **Module 5:** Shortage of drugs and medical supplies.



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VALUE ADDED COURSE

Course name	Pharmacovigilance - An easy approach
Course code	PV21
Duration	18 hours

About the course:

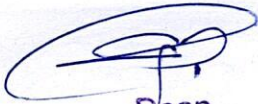
Pharmacovigilance is the pharmacological science relating to the detection, assessment, understanding and prevention of adverse effects, particularly long term and short term side effects of medicines. This course was designed to help participants to get a deeper understanding of pharmacovigilance.


Course Objectives:

- To learn about various pharmacovigilance programs in India and their aims, objectives and functions.
- To develop an understanding of ADR and various software used in ADR

Course content:

- **Module 1:** Pharmacovigilance programme of India (PvPI)- Introduction
- **Module 2:** Aim & objectives, functions
- **Module 3:** Problem based learning
- **Module 4:** ADR reporting -ADR Form filing by various methods and
- **Module 5:** Pharmacovigilance skill development
- **Module 6:** Problem based learning
- **Module 7 :** Software used in ADR reporting


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VALUE ADDED COURSE

Course name	Palliative care - Basic management skills
Course code	PBMS18
Duration	18 hours

About the course:

Palliative care is specialized medical care that focuses on providing patients relief from pain and other symptoms of a serious illness, no matter the diagnosis or stage of disease. Palliative care teams aim to improve the quality of life for both patients and their families. So, this course was planned for medical students to deal with patients with terminal illness.

Course Objectives:

- To learn about the foundation and groundwork in palliative care.
- To learn about skills and management in palliative care
- To develop a better understanding of palliative care in pediatric and geriatric population

Course content:

- **Module 1** : History of palliative care
- **Module 2** : Foundation and basics of Palliative care
- **Module 3** : Principles of Palliative care
- **Module 4** : Palliative care – Skills and management
- **Module 5**: Palliative care – In geriatric population
- **Module 6** : Palliative care – In Pediatric population



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VALUE ADDED COURSE

Course name	Palliative care And training - a Short course
Course code	PCT19
Duration	18 hours

About the course:


Palliative care improves the quality of life of patients and that of their families who are facing challenges associated with life-threatening illness, whether physical, psychological, social or spiritual. So, this course was designed for medical students early in start of the career to deal with patients requiring palliative care.

Course Objectives:

- To learn about the fundamentals of palliative care.
- To learn about symptomatic management in palliative care
- To develop a better understanding communication skills, managing psychosocial and ethical issues etc in terminally ill patients.

Course content:

- **Module 1** : Introduction to PC
- **Module 2**: Principles of PC
- **Module 3**: Symptomatic management in palliative care
- **Module 4**: Communication skills in palliative care
- **Module 5**: Managing psychosocial issues in palliative care
- **Module 6**: Ethical issues in Palliative care



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VALUE ADDED COURSE

Course name	Essentials of Palliative care
Course code	EPC20
Duration	18 hours

About the course: The course was designed for medical students to deal with patients with terminal illness. Palliative care addresses the person as a whole and not just the disease, dealing with their symptoms and side effects and making life comfortable for them. These principles were the main focus of the course.

Course Objectives:

- To learn about the basics and principles of palliative care.
- To learn about pain, its assessment and management in palliative care
- To develop a better understanding of nutritional requirements, rehabilitation etc in terminally ill patients.

Course content:

- **Module 1:** What is palliative care? Basics and Principles
- **Module 2 :** Patient centered care
- **Module 3 :** Pain assessment in PC
- **Module 4:** Nutrition in PC
- **Module 5:** Rehabilitation in PC
- **Module6:** Spiritual dimension of PC



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VALUE ADDED COURSE

Course name	Palliative care - Foundation and basics
Course code	PFB21
Duration	18 hours


About the course: Palliative care deals with improving the quality of life in terminally ill patients. So, this course was designed for medical Interns to learn to deal with patients with terminal illness.

Course Objectives:

- To learn about what is palliative care and its importance in terminally ill patients
- To learn about various programs in palliative care
- To develop skills like communication and better dealing with pain in such patients

Course content:

- Module 1: History of palliative care
- Module 2 : Introduction to PC
- Module 3: Role of doctors in palliative care of patients terminal stage of cancer
- Module 4 : Palliative care in terminal cancer
- Module 5: National program for PC
- Module 6 : Communication skill in PC
- Module7 : Pain management in PC
- Module 8 : Role of nurses and paramedical staff in PC


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VALUE ADDED COURSE

Course name	Medical Ethics and Good Clinical Practice
Course code	GCP17
Duration	18 hours

About the course:

Good clinical practice (GCP) is an international quality standard, which governments can then transpose into regulations for clinical trials involving human subjects. Medical ethics describes the moral principles by which a doctor must conduct himself. So, this course was conducted to help participants understand the basics of GCP and medical ethics.

Course Objectives:

- To get introduced to good clinical practices and code of conduct
- To get an understanding of maintain ethics in biomedical research and informed consent.
- To learn about the role of ethical committees in research

Course content:

Module 1: Good Clinical Practice – An Introduction

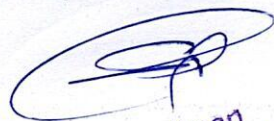
Module 2: Code of conduct for medical practice

Module 3: Informed consent

Module 4: Principles of ethics in biomedical research

Module 5: Ethical committee & their role

Module 6: Compensation for participation - conflict of Interest



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VALUE ADDED COURSE

Course name	Medical Ethics and Good Clinical Practice -Introduction and need
Course code	INGCP18
Duration	16 hours


About the course: Medical ethics is an applied branch of ethics which analyzes the practice of clinical medicine and related scientific research. It is based on a set of values that professionals can refer to in the case of any confusion or conflict. Good Clinical Practice helps down to set these rules as per the desired regulations. So, this course was designed to help the participants learn about the principles of both medical ethics and GCP in detail.


Course Objectives:

- To learn about good clinical practices
- To get understanding of the Code of conduct - ethics and practice.
- To learn how to maintain Quality in practice and research
- To learn about International rules and regulations

Course content:

- **Module 1:** Good Clinical Practice – An Introduction
- **Module 2:** Code of conduct for medical practice
- **Module 3:** Patient physician relationship
- **Module 4:** Patient information document and informed consent
- **Module 5:** Ethics & regulation in biomedical research – national guidelines
- **Module 6:** Ethics and regulation in biomedical research – International guidelines


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VALUE ADDED COURSE

Course name	Medical Ethics and Good Clinical Practice - A precis
Course code	MEGCP19
Duration	18 hours

About the course: Good Clinical Practice (GCP) is an international ethical and scientific quality standard for designing, conducting, recording and reporting clinical trials that involve the participation of human subjects. Medical ethics is concerned with the obligations of the doctors and the hospital to the patient along with other health professionals and society. So, this course was designed to orient the participants to both GCP and medical ethics and how it functions.

Course Objectives:

1. To get an overview of good clinical practice and quality assurance
2. To understand the role of ethics in medicine
3. To get an understanding of negligence in medical practice and its consequences
4. To learn about privacy and confidentiality

Course content:

Module 1: An overview of Good Clinical Practice


Module 2: Quality assurance in GCP

Module 3: Medical negligence

Module 4: Introduction to medical ethics

Module 5: Role of ethics in medicine

Module 6: Privacy, Confidentiality and truthfulness


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VALUE ADDED COURSE

Course name	Medical Ethics and Good Clinical Practice - Understanding & overview
Course code	MEGC20
Duration	16 hours

About the course:

This course was designed to orient the participants to both GCP and medical ethics so that they understand the moral principles, beliefs and values that guide us in making choices about medical care and good clinical practices.

Course Objectives:

1. To get learn about good clinical practice and quality assurance
2. To understand the difference between ethics in general and medical ethics
3. To get an understanding of professional misconduct in medical practice

Course content:

Module 1: Good Clinical Practice – An Introduction

Module 2: Quality assurance in GCP

Module 3: Physician and society

Module 4: Patient safety and adverse effects

Module 5: Difference between medical ethics and ethics in general

Module 6: Professional misconduct

Module 7: Special ethical issues – Children, Organ donors, transplants, genetics


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VALUE ADDED COURSE

Course name	Research & ethics for better health outcome - Role of good clinical practice and medical ethics
Course code	REHO21
Duration	16 hours

About the course:

Medical ethics serves to protect the rights, integrity and confidentiality of trial subjects. GCP is an international ethical and scientific quality standard for the design, conduct, performance, and monitoring, auditing, recording, analysis and reporting of clinical trials. This course was designed to help the participants get an overview of the practices and principles of Medical ethics and GCP.

Course Objectives:

1. To get introduced to the topic of good clinical practice
2. To understand patient safety and ADR in relation to new drugs and trials
3. To learn about various ethical issues in research and trials

Course content:

Module 1: Good Clinical Practice – An Introduction


Module 2: New drugs and clinical trial rules 2019

Module 3: Patient safety and adverse effects

Module 4: Ethical concerns for medical research in human subjects

Module 5: Ethical committee & their role

Module 6: Special ethical issues – Children, Organ donors, transplants, genetics


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VALUE ADDED COURSE

Course name	Life skills in students of medical colleges - concepts and challenges
Course code	LCC17
Duration	18 hours

About the course:

Life skills not only help individuals to succeed but also are important role players for one to be healthy and well. Most of the skills overlap, with each of them aiding and supporting the other. With this viewpoint in mind this course was designed where the participants were introduced to different life skills and their methodologies. Skills that would help them positively move ahead in life were focused upon.

Course Objectives:

1. To be introduced to various life skills and their importance.
2. To learn about skills that help one to overcome challenges in attaining their goals
3. To learn to deal with stress and strong emotions that can negatively affect one's life.

Course content:

Module 1: Introduction to life skills


Module 2: Conceptual basis of life skills

Module 3: Self-Awareness building Skills

Module 4: Relationship between life skills and life values

Module 5: Challenges that hinder attainment of life goals

Module 6: Coping with stress and emotions


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VALUE ADDED COURSE

Course name	Basic Presentation & Teaching Skills in PostGraduate Students in Medical College
Course code	PTS21
Duration	18 hours


About the course: Postgraduate medical curriculum is usually devoted to developing competencies in the specialty concerned, patient care, and submitting dissertations. However the importance of better teaching and presentation skills cannot be ignored,. Focusing on this the course was conducted for improving the presentation and teaching skills in the participants.

Course Objectives:

1. To understand the importance of improved presentation and teaching skills.
2. To learn on how to improve presentation and teaching skills
3. To learn to take the best from traditional and modern teaching skills

Course content:

- **Module 1:** Basic presentation and teaching skills –Introduction
- **Module 2:** Aim & objectives
- **Module 3:** Presentation Techniques
- **Module 4:** Uses of different teaching aids
- **Module 5:** Basics of PPT making
- **Module 6:** Teaching skills
- **Module 7:** Traditional teaching skill and 21st century skill
- **Module 8:** Clinical teaching skill


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VALUE ADDED COURSE

Course name	Stress
Course code	STR17
Duration	24 hours

About the course: Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being. This course was developed to help the participants understand what stress, its effects is and how to deal with it.


Course Objectives:

1. To identify stress and its causes
2. To learn about the importance of a healthy mental state
3. To learn to manage stress and how to prevent stressful situations at workplace

Course content:

- **Module 1:** Introduction to stress
- **Module 2:** Signs and symptoms of stress
- **Module 3:** Mental health and its importance
- **Module 4:** Stress in students
- **Module 5:** Management of stress


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VALUE ADDED COURSE

Course name	Stress and its Effects on Students
Course code	SES18
Duration	16 hours


About the course: Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new or unexpected that threatens our sense of self or when we feel we have little control over a situation. This course was developed to help the participants understand what stress, its effects is and how to deal with it.

Course Objectives:

1. To understand the importance of identifying stress
2. To focus on the effects of stress on daily life
3. To learn of methods to avoid and recover from stress

Course content:

- **Module 1:** Types of stress
- **Module 2:** Major causes of stress
- **Module 3:** Stress and anxiety
- **Module 4:** Therapy for stress
- **Module 5:** Recovery from stressful episodes


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VALUE ADDED COURSE

Course name	An Introduction to Mental Health & Stress
Course code	IMS19
Duration	24 hours

About the course: Stress is normal and everyone experiences it in response to situations considered threatening or dangerous. Stress causes changes in the body that can range from mild to severe. Symptoms can be cognitive, physical, emotional, or behavioral. Keeping these adverse effects of stress in mind, this course was developed to help students overcome situations that lead to stress and how to manage it.

Course Objectives:

1. To learn to identify the causes of stress in daily life of students
2. To understand the effects of stress on personal and social level
3. To maintain better mental health and how it is affected due to stress
4. To understand the basics of stress management

Course content:

- **Module 1:** Mental health and why it is important
- **Module 2:** Aetiology of stress
- **Module 3:** Understanding the effects of stress in students
- **Module 4:** Physical effects of stress
- **Module 5:** Social effects of stress



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VALUE ADDED COURSE

Course name	Life skills in students of medical colleges - concepts, need and types
Course code	LIN19
Duration	18 hours

About the course:

The need and significance of life skills are important skills that result in mental wellbeing, a higher self-esteem, fostering healthy communication and interaction, helping in effective decision making, and to deal with peer pressure etc. This course was designed keeping in mind these factors for medical students to help them excel in life.

Course Objectives:

1. To learn about what are life skills and their need and significance
2. To learn about various life skills in detail and their methodologies.

Course content:

- Module 1:** Introduction to life skills
- Module 2:** Conceptual basis of life skills
- Module 3:** Need and significance of Life skills
- Module 4:** Interpersonal relationship skills
- Module 5:** Decision making and taking challenges
- Module 6:** Social and negotiation skills



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VALUE ADDED COURSE

Course name	Life skills in students of medical colleges - concepts and types
Course code	LSC20
Duration	16 hours


About the course: It is known that life skills do not only help individuals to succeed but also are important role players for one to be healthy and well. Most of the skills overlap these skills overlap, with each of them aiding and supporting the others. This course dealt with introducing the participants to life skills and the conceptual basis of life skills was also focused upon. A number of life skills were introduced and explained in this course.


Course Objectives:

1. To understand the basics of life skills and their concepts
2. To learn about various life skills in detail

Course content:

- Module 1: Introduction to life skills
- Module 2: Conceptual basis of life skills
- Module 3: Thinking and Creative Skills
- Module 4: Critical & Analytical Skills
- Module 5: Decision Making
- Module 6: Problem Solving Skills


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VALUE ADDED COURSE

Course name	Life skills in medical students
Course code	LSMS21
Duration	16 hours

About the course: Life skills are defined as “the abilities for adaptive and positive behavior that enable individuals to deal effectively with the demands and challenges of everyday life” (WHO). This course is designed to teach the medical students to develop these important skills that would help them to progress in their lives and career

Course Objectives:

1. To understand the various types of life skills and their importance
2. To learn to cope with stress and strong emotions
3. Learn to have effective communications and improve on interpersonal relationships

Course content:

Module 1: Introduction to life skills

Module 2: Critical & Thinking skills

Module 3: Decision Making & Problem Solving

Module 4: Interpersonal Relationships

Module 5: Effective Communication

Module 6: Coping with Stress and Emotions



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VALUE ADDED COURSE

Course name	All about fire safety
Course code	AFS17
Duration	16 hours

About the course: The seriousness of an uncontrolled fire can be truly damaging, and highly dangerous to lives and property, and can prove to be disastrous in some cases, if not taken care of beforehand. Keeping this in mind, this course was designed where all the participants were provided with the basic knowledge of fire safety and how to deal with it.

Course Objectives:

1. To learn the basics of fire safety and its classification
2. To practically learn to deal with fire involving personal safety
3. To learn about safety protocols , steps and emergency codes

Course content:


Module 1: Why fire safety?


Module 2: Classification of fire

Module 3: Personal safety

Module 4: Steps in fire management

Module 5: Uniform emergency codes


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VALUE ADDED COURSE

Course name	Fire safety awareness
Course code	FSA18
Duration	16 hours

About the course:

Fire safety awareness is an important skill that could help saving lives. Keeping this in mind, this course was designed where all the participants were provided with the basic knowledge of handling and dealing during fire safety, including the actions that need to be taken during such an emergency.

Course Objectives:

1. To learn the basics of fire safety awareness
2. To practically learn to respond during fire
3. To learn about safety protocols and equipments

Course content:

Module 1: What is fire safety awareness?

Module 2: Importance of fire safety awareness


Module 3: Training to respond during a fire

Module 4: Smoke alarm basics

Module 5: Fire extinguishers and their handling

Module 6: Early preparedness and training


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VALUE ADDED COURSE

Course name	Fire control and safety
Course code	FCS19
Duration	16 hours

About the course: Fire safety deals with training and educating individuals to handle a fire situation to avoid mishaps and deaths due to fire. This course was developed keeping in mind that every person in a workplace, an institution, a public place, or even in homes, needs to be aware and to be well versed with the basic knowledge of what to do when an event like an uncontrolled fire takes place.

Course Objectives:

1. To learn about types of fire hazards and their warning signs
2. To learn about safety basics in correlation to smoking and electric based fires
3. To learn about evacuation methods and safety parameters

Course content:

Module 1: Fire hazard identification and warning

Module 2: Types of fire hazards

Module 3: Escape and proper evacuation of buildings in case of fire

Module 4: Smoking fire safety basics

Module 5: Electrical fire safety basics


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VALUE ADDED COURSE

Course name	Fire hazard and prevention
Course code	FHP20
Duration	16 hours

About the course: Fire safety basically comprises of a set of management activities undertaken to prevent fires from occurring, the measures that need to be taken during an event of an uncontrolled fire, and the safety training suppression methods that are used to extinguish it. This course was designed keeping the hazard and prevention methods related to fire safety for medical students.

Course Objectives:

1. To understand the issues related to fire hazards
2. To learn about evacuation methods and safety parameters

Course content:


Module 1: Understanding fire safety


Module 2: Prevention of fire hazards at workplace

Module 3: Care for affected individuals

Module 4: Securing the scene and evacuation methods

Module 5: Reporting of a fire hazard and accident


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VALUE ADDED COURSE

Course name	Fire protection and prevention
Course code	FPP21
Duration	16 hours

About the course: The course was conducted for the medical students to learn and prepare themselves to deal with situation where a fire emergency could occur and also to effectively collaborate with colleagues with different experience levels.

Course Objectives:

1. To understand how fire related accidents can occur and its management
2. To learn about fire control and evacuation methods
3. To learn the basics of first aid with focus on burns and their management

Course content:

Module 1: Basics of fire accidents


Module 2: Fire at workplace and its management

Module 3: Fire controlling systems

Module 4: Exit and evacuation methods

Module 5: First-Aid for burn victims


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VALUE ADDED COURSE

Course name	Health & safety in correlation to the environment
Course code	CHS17
Duration	16 hours

About the course: Health & safety in correlation to the environment refer to laws, rules, regulations, professions, programs, and workplace efforts to protect the health and safety of individuals. It aims at preventing incidents such as injuries, illnesses, and harmful environmental diseases.

Course Objectives:

1. To learn about environmental health and how it affects individuals
2. To understand the role of Hygiene and Sanitation in health
3. To learn about disease transmission and risk factors involved in the transmission of communicable diseases

Course content:

Module 1: Significance of environmental health at community level

Module 2: Interactions between development and environment that affect human health.

Module 3: Components and purpose of environmental health planning

Module 4: Hygiene and Sanitation

Module 5: Environmental Health and disease transmission

Module 6: Environmental risk factors in the transmission of communicable diseases


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VALUE ADDED COURSE

Course name	Environmental & public health in context with medical colleges
Course code	EPH18
Duration	16 hours

About the course:

Essential environmental health standards in health care involving guidelines for setting standards of safety conditions to provide adequate health care. It involves maintaining public health, health planning, and environmental protection and services. This course is designed to help the participants learn about their role in environmental health and its functioning.

Course Objectives:

1. To learn about the role of environmental health in public health
2. To learn about environmental health in terms of planning, protection and services.

Course content:


Module 1: Human interaction with the environment


Module 2: The role of environmental health in public health

Module 3: Environmental Health Planning

Module 4: Environmental Protection

Module 5: Environmental health services: An instrument in preventing and controlling diseases


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VALUE ADDED COURSE

Course name	Environmental health & hygiene at community level in context with medical colleges
Course code	EHH19
Duration	16 hours


About the course: Environmental health envisages promotion of health of the community by providing clean environment and breaking the cycle of disease. It depends on various factors that include hygiene status of the people, types of resources available and the role of the government in it both a nationwide and international approach. This course was therefore designed to help the participants gain an overall idea of environmental health and methods make it better.


Course Objectives:

1. To learn about the effect of urbanization and industrialization and its impact on health
2. To learn about Government schemes for preventable diseases in relation to environment
3. To learn about international rules and regulations in correlation to the environment

Course content:

- Module 1:** Introduction to Environmental Health
- Module 2:** History of hygiene and environmental health
- Module 3:** Urbanization & Industrialization
- Module 4:** International Environmental Agreement
- Module 5:** Government schemes for preventable diseases in relation to environment
- Module 6:** Basic Sanitation in Public Health


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VALUE ADDED COURSE

Course name	Environmental health at community level & hygiene
Course code	ELC20
Duration	16 hours

About the course: Environmental health dealing with clean air, stable climate, adequate water, sanitation and hygiene, safe use of chemicals, protection from radiation, healthy and safe workplaces, sound agricultural practices, health-supportive cities and built environments, and a preserved nature are all prerequisites for good health. Thus, this course was designed to develop an understanding in participants regarding the benefits of environmental health and their role in it.

Course Objectives:

1. To learn about human interaction with the environment and their role in preventing diseases.
2. To learn about proforestation, biocentrism and climate change mitigation.

Course content:

Module 1: Environmental Health – Role in Prevention of diseases


Module 2: Human interaction with the environment


Module 3: Conservation Genetics

Module 4: Proforestation

Module 5: Biocentrism

Module 6: Climate change mitigation


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VALUE ADDED COURSE

Course name	Environmental protection program & environmental health & hygiene
Course code	EPP21
Duration	16 hours


About the course: The course was designed for Medical students to understand their role in protecting the environment and the basics of environmental health & hygiene.


Course Objectives:

1. To learn about the principles of hygiene and environmental health based on various parameters
2. To learn the basics and methodologies of hand washing and sanitization
3. To learn about government schemes and program for certain diseases

Course content:

- **Module 1:** Introduction to the Principles and concept of hygiene
- **Module 2:** Historical perspectives on hygiene & environmental health
- **Module 3:** Workshop on Hand washing and sanitization
- **Module 4:** Basic Sanitation in public health
- **Module 5:** Human interaction with the environment
- **Module 6:** Workshop on government sensitization schemes on mosquito preventable diseases.
- **Module 7:** Environmental health planning
- **Module 8:** Environmental health services: An instrument in preventing and controlling diseases.


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VALUE ADDED COURSE

Course name	An approach to understanding Pharmacovigilance for medical students
Course code	UPV17
Duration	18 hours

About the course: Pharmacovigilance describes the processes for monitoring and evaluating ADRs and it is a key component of effective drug regulation systems, clinical practice and public health programmes. This course was planned to help the participants understand about what is pharmacovigilance and its rules and regulations.

Course Objectives:

- To get introduced to what is pharmacovigilance and its need, components and types.
- To develop an understanding of pharmacovigilance from Indian and international perspective.
- To learn about Adverse Drug Reactions and its reporting

Course content:

Module 1: Pharmacovigilance – Introduction

Module 2: Pharmacovigilance – Components and Types

Module 3: Pharmacovigilance- Indian and International perspective

Module 4: Different aspects of Pharmacovigilance – Drugs, devices and herbal medicines

Module 5: Adverse Drug Reactions and its reporting



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VALUE ADDED COURSE

Course name	Essentials of Pharmacovigilance in medical practice
Course code	EPV18
Duration	18 hours

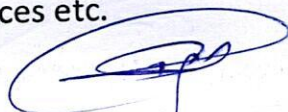
About the course: Medicines and vaccines have transformed the prevention and treatment of diseases over time. Pharmacovigilance is that field that seeks to ensure that the benefit-risk ratio remains favorable throughout the life cycle of a medicine, i.e., from the time it is authorized until it is withdrawn from the market, or its production is discontinued. Pharmacovigilance comprises various activities involving the management and analysis of public health risk to ensure the rational use of medicines. This course was planned to help the participants understand these principles of pharmacovigilance.

Course Objectives:

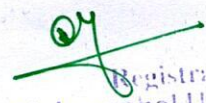
- To get introduced to what is pharmacovigilance and its need
- To develop an understanding of pharmacovigilance in India and its historical overview
- To understand the pharmacovigilance as per the international guidelines and to deal with ADR

Course content:

- **Module 1:** What is Pharmacovigilance and its need
- **Module 2:** Historical overview of Pharmacovigilance
- **Module 3:** Pharmacovigilance in India
- **Module 4:** International collaborations and Regulatory guidelines in Pharmacovigilance
- **Module 5:** Adverse Drug Reactions
- **Module 6:** Pharmacovigilance in different parameters – herbal medications, devices etc.



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VALUE ADDED COURSE

Course name	Pharmacovigilance -Understanding and overview
Course code	PVUO19
Duration	18 hours


About the course: This course helped to orient the participants on a concise overview of the pharmacovigilance function and an overall knowledge of Pharmacoepidemiology, Pharmacogenetics and Pharmacogenomics


Course Objectives:

- To get introduced to what is pharmacovigilance
- To develop an understanding of Pharmacoepidemiology, Pharmacogenetics and Pharmacogenomics
- To understand the pharmacovigilance in correlation to medical devices, herbal industries etc

Course content:

- **Module 1:** Pharmacovigilance – Introduction
- **Module 2:** Pharmacoepidemiology
- **Module 3 :** Pharmacogenetics and Pharmacogenomics
- **Module 4:** Pharmacovigilance related to medical devices
- **Module 5:** Pharmacovigilance related to herbal medicines
- **Module 6:** Pharmacovigilance and industry associations


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VALUE ADDED COURSE

Course name	Pharmacovigilance - Introduction and need
Course code	PVIN20
Duration	18 hours


About the course: Pharmacovigilance is the science and activities relating to the detection, assessment, understanding and prevention of adverse effects or any other medicine/vaccine related problem. This course was created to help participants to understand the need of pharmacovigilance.


Course Objectives:

- To learn about the components ,types and functions of pharmacovigilance
- To develop an understanding of ADR
- To understand the terms used drug safety and how to manage risks

Course content:

- **Module 1:** Components of Pharmacovigilance
- **Module 2:** Types of Pharmacovigilance
- **Module 3:** Functions of Pharmacovigilance
- **Module 4:** Adverse Drug Reactions
- **Module 5:** Terms used commonly in drug safety
- **Module 6:** Risk management


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VALUE ADDED COURSE

Course name	Principles and dynamics of drug discovery and clinical research
Course code	PPDD17
Duration	16 hours


About the course: Drug discovery is a broad spectrum approach to developing drugs under clinical trials and making sure that not only the drugs are effective but also safe. It is a time taking process where a lot of work goes in the planning and studying of the disease and the drug. Clinical research is based on studies related to individuals for the betterment of health in mankind. This course is focused on helping participants understand drug discovery and clinical research early in their career.

Course Objectives:

1. To learn about drug discovery and development in terms of pre discovery requirements, preclinical design and clinical approach
2. To learn about clinical research – its approach , design, parameters, rules & regulation, gaps etc

Course content:

- **Module 1:** Drug discovery and development – An overview
- **Module 2:** Prediscovery – Understanding the disease
- **Module 3:** Pre-clinical and clinical testing
- **Module 4:** Clinical trial – Design
- **Module 5:** Role of regulatory bodies in clinical research
- **Module 6:** Gaps in clinical research


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VALUE ADDED COURSE

Course name	Understanding mechanics of drug discovery and clinical research
Course code	UMDD18
Duration	16 hours


About the course: This course is designed to orient medical students to understand the various details in correlation to drug discovery along with safety measures and cost implications. This course also focuses on basics of clinical research where various study designs and confidentiality etc will be taken up.

Course Objectives:

1. To learn about factors involved in drug discovery ranging from cost to safety measures
2. To learn about the principles of clinical research in terms of study design and data protection

Course content:

- **Module 1:** Drug discovery – Introduction, need, aim & objectives
- **Module 2:** Understanding critical factors in drug discovery – cost, speed and quality
- **Module 3:** Safety management and drug development
- **Module 4:** Clinical Research
- **Module 5:** Clinical research – study design
- **Module 6:** Clinical research – data protection and confidentiality


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VALUE ADDED COURSE

Course name	A guide to drug discovery and clinical research
Course code	DCDR19
Duration	16 hours

About the course: Drug discovery is an important medical field helping doctors and researchers to provide better medication facilities to patients. This course was designed to teach medical students how a new drug is developed and to orient them to various clinical research methodologies.

Course Objectives:

1. To understand how a new drug is approved and the principles behind its discovery
2. To learn about clinical research methodologies and involvement of stake holders

Course content:

Module 1: Fundamentals of drug discovery

Module 2: New drug application and approval

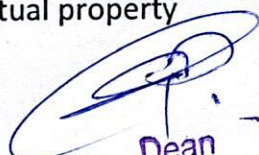
Module 3: Safety tests – A must


Module 4: Clinical Research

Module 5: Clinical Research – Role of Stake Holders

Module 6: Clinical research – study design

Module 7: Intellectual property


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VALUE ADDED COURSE

Course name	Understanding drug discovery and clinical research - An easy approach
Course code	UDD20
Duration	16 hours

About the course: Drug discovery and clinical research both deal with a forward and positive outlook to providing better healthcare and life style benefits to individuals. Drug discovery involves the identification of candidates, synthesis, characterization, validation, optimization, screening and assays for therapeutic efficacy. Clinical research mostly deals with research where individuals are taken into consideration. This course focused on preparing the participants about the needs and requirements of drug discovery and clinical research.

Course Objectives:

1. To understand the basis of drugs and their discovery
2. To learn new perspectives in clinical research
3. To learn about good clinical practice and intellectual properties.

Course content:

Module 1: How drugs work – The basics

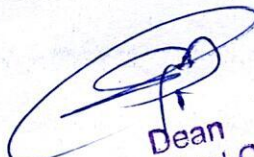
Module 2: Drug discovery – Definition, purpose and phases


Module 3: Principles & methods of clinical research

Module 4: New perspectives in Clinical research

Module 5: Good clinical practice

Module 6: Intellectual Property


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VALUE ADDED COURSE

Course name	Drug discovery and clinical research
Course code	DDCR21
Duration	16 hours


About the course: Drug discovery is a process which aims at identifying a compound therapeutically useful in curing and treating disease. It focuses on discovering new drugs with faster healing and lesser adverse effects. Clinical research refers to that branch of medical field that deal with research involving people for their betterment mainly in correlation to health. This course was developed keeping these parameters in mind for medical students.


Course Objectives:

1. To learn about the need and objectives of drug discovery
2. To understand about various steps in clinical trials and drug discovery

Course content:

- **Module 1:** Drug discovery – Introduction, need, aim & objectives
- **Module 2:** Pre-clinical trials (Animal experiments)
- **Module 3:** Problem based learning
- **Module 4:** Phase 1 clinical trials
- **Module 5:** Phase 2 clinical trials
- **Module 6:** Phase 3 clinical trials
- **Module 7:** Phase 4 clinical trials
- **Module 8:** Phase 5 clinical trial & Problem based learning


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VALUE ADDED COURSE

Course name	Basics of effective communication
Course code	BEC18
Duration	16 hours


About the course: Being able to communicate effectively is one of the most important life skills. They are abilities that allow you to give and receive different types of information, not just patient related but otherwise too. This course focused on helping participants to learn effective communication methods, and how to use it in their professional day to day life.

Course Objectives:

1. To understand the importance of Effective Communication
2. To learn the use of social media to ones advantage

Course content:

- **Module 1:** Importance of effective communication
- **Module 2:** Effective Communication skills
- **Module 3:** Using social media to your advantage
- **Module 4:** Communication with patients and their attenders.
- **Module 5:** Contextual Development
- **Module 6:** Assessment


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VALUE ADDED COURSE

Course name	Disaster management -Principles and basics
Course code	DMPB21
Duration	16 hours


About the course: The participants learnt about the intricacies of disaster management involving dealing with and avoiding both natural and man-made disasters, preparedness before disaster and rebuilding and supporting society after natural disasters.

Course Objectives:

1. To learn about the phases and characteristics of disaster management
2. To learn about the role of doctors in dealing with disasters

Course content:

- **Module 1:** Disaster management phases
- **Module 2:** Characteristics of disaster management
- **Module 3:** Role of doctors
- **Module 4:** Disaster relief/response
- **Module 5:** Guidelines for disaster management


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VALUE ADDED COURSE

Course name	Disaster management - Phases and survival
Course code	DMPS20
Duration	16 hours


About the course: The course focused on preparing the participants about the needs and requirements of a disaster management team in a situation with any sudden or unfortunate event that can cause damage. All the participants were provided with the basic knowledge of handling and dealing, including the actions that need to be taken during such an emergency.


Course Objectives:

1. To prepare for disasters in terms of a medical team
2. To respond to a disaster situation and provide rehabilitation

Course content:

- **Module 1:** Disaster preparedness
- **Module 2 :** Disaster impact
- **Module 3:** Disaster response
- **Module 4:** Rehabilitation
- **Module 5:** Disaster mitigation


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VALUE ADDED COURSE

Course name	Disaster management
Course code	DM22
Duration	16 hours

About the course: The course was conducted for the medical students to understand the depth and seriousness of disaster where disruption of the functioning of a community or society takes place, which involves widespread human, material, economic or environmental impacts that exceed the ability of the affected community or society to cope using its own resources.

Course Objectives:

1. To learn about what are disasters and their types
2. To learn to deal with disasters both natural and manmade

Course content:

- **Module 1:** Types of disasters
- **Module 2:** Types of disaster management
- **Module 3:** Disaster management cycle
- **Module 4:** Disaster management act, NDRF, SDRF
- **Module 5:** Effects of disaster



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VALUE ADDED COURSE

Course name	Difficult patients - Challenges & concerns
Course code	DPCC17
Duration	18 hours

About the course: Medical professionals in their careers deal with different types of patients ranging from cooperative to highly non cooperative ones making treatment and management a challenge. Keeping this in mind, the participants in this course were taught about the challenges and concerns while dealing with difficult patients.

Course Objectives:

1. To identify and learn about patients who are challenging and difficult to deal with.
2. To provide the best possible support to difficult patients in terms of health care and communication.

Course content:

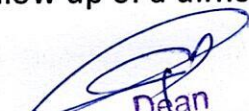
Module 1: Who is a difficult patient?


Module 2: Types of patients

Module 3: Ways to deal with a difficult patient

Module 4: Providing effective treatment to a difficult patient

Module 5: Proper follow up of a difficult patient


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VALUE ADDED COURSE

Course name	An approach to dealing with difficult patients.
Course code	ADD18
Duration	18 hours

About the course: Difficult patients are those who deal with every diagnostic or therapeutic approach with a strong negative behavior. This could range from mild non cooperation to major violent behavior. Thus, this course was designed to update and prepare participants about such patients.

Course Objectives:

1. To understand the various types of difficult patients
2. To learn to deal with challenging patients

Course content:

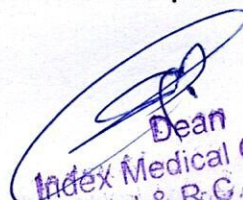
Module 1: Difficult patient types

Module 2: Difficult patient clinician relationship

Module 3: Approach to Difficult interactions

Module 4: Management of a difficult patient

Module 5: Treatment of a difficult patient


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VALUE ADDED COURSE

Course name	Clinical approach to dealing with difficult patients.
Course code	CAD19
Duration	18 hours


About the course: Difficult patients are defined as those who elicit strong negative emotions from their physicians. If not acknowledged and managed correctly, these feelings can lead to diagnostic errors and troublesome complaints or legal claims. Thus, this course was designed to orient the participants to various aspects of dealing with such patients and looking at this situation from a broader perspective.

Course Objectives:

1. To understand difficult patients
2. To learn to manage and treat difficult patients

Course content:

- **Module 1:** Understanding difficult patients
- **Module 2:** Patient behaviour in a clinical setting
- **Module 3:** Doctor behaviour in a clinical setting
- **Module 4:** Methods of approaching patients in a facility
- **Module 5:** Effective treatment of difficult patients


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VALUE ADDED COURSE

Course name	Dealing with difficult patients - Approach and management
Course code	DDP21
Duration	24 hours

About the course: Difficult patients are defined as those who elicit strong negative emotions from their physicians. So this course was created so that participants in their early medical career learn how to deal and manage this category of difficult individuals

Course Objectives:

1. To identify patients who are non cooperative
2. To strategize methodologies to deal with this category of patients

Course content:


Module 1: Recognizing symptoms of difficult behavior


Module 2: Systemic causes of difficult behavior

Module 3: Strategies for deflecting anger

Module 4: Improving personal emotional resilience

Module 5: Providing unbiased care to difficult and challenging patients


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VALUE ADDED COURSE

Course name	Difficult patients - care, concern and management
Course code	DPCC20
Duration	24 hours


About the course: Difficult patients include patients who are violent, aggressive, verbally route, manipulative, lying, demanding, boundary busting and exploitative of the doctors seeking secondary gain and those who are angry at the doctor can be considered as difficult patients. This course focused on teaching medical students to deal with challenging patients and their rights as doctors and understanding patients' rights.

Course Objectives:

1. To understand the challenges related to dealing with difficult patients
2. To learn to deal with difficult patients

Course content:

- **Module 1:** Who is a challenging patient
- **Module 2 :** Caring for challenging patients
- **Module 3:** Doctor's duty towards patients
- **Module 4:** Doctor's rights
- **Module 5:** Patient's rights


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VALUE ADDED COURSE

Course name	Computer literacy and basics for students in medical college
Course code	CLB17
Duration	16 hours

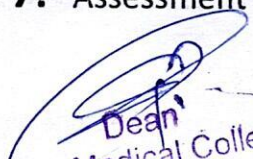
About the course: Computer knowledge is a much required knowledge in today's world. It goes beyond professional differences and is used in every field. This course was designed to focus on learning about the working of computers along with the usage of resources and management of e waste.


Course Objectives:

1. To learn about operating the computer
2. To understand the basics of hardware and software
3. To use online educational resources
4. How to manage e waste

Course content:

- **Module 1:** Basic principles of Hardware & Software
- **Module 2:** How to operate a computer
- **Module 3:** Computer shortcuts
- **Module 4:** Word processing
- **Module 5:** Online educational resources
- **Module 6:** e-Waste
- **Module 7:** Assessment


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VALUE ADDED COURSE

Course name	Computer basics for beginners
Course code	CBB18
Duration	16 Hours


About the course: Computer Skills refer to the knowledge and ability to use computers and related technology effectively, with skill levels that range from basic usage to advanced version. This course was held to increase the comfort level of participants to work with the computers.


Course Objectives:

- 1.** To gain insight into the ways usage of computers
- 2.** To learn incredibly valuable hands-on computer skills

Course content:

- **Module 1:** Introduction to operating a computer
- **Module 2:** The keyboard and the mouse
- **Module 3:** Understanding the desktop
- **Module 4 :** Working with windows
- **Module 5:** The internet and email
- **Module 6:** Using search engine to your advantage
- **Module 7 :** Assessment


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VALUE ADDED COURSE

Course name	Fundamentals of computer
Course code	FCCS19
Duration	16 hours


About the course: Getting to have a free usage of computers while studying medicine opens doorways to immense knowledge. This course was specially designed to help participants gain understanding of the fundamentals of computers.

Course Objectives:

1. To learn about the history, parts and devices of computers
2. To learn the basics of various Microsoft computers

Course content:

- **Module 1:** Introduction to computers – expansion features and history
- **Module 2:** Parts of computer - software & hardware
- **Module 3 :** Software application
- **Module 4 :** Computers – Input and output devices
- **Module 5 :** Storage – Devices and types
- **Module 6 :** Microsoft 365: one drive – share files
- **Module 7 :** Assessment


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VALUE ADDED COURSE

Course name	Computer basics with MS office in medical college
Course code	CBMS20
Duration	16 hours


About the course: Microsoft offers an easy and effective way of putting across ideas and thoughts in a more presentable and clear manner. It is thus important for medical students to the basics of Microsoft and its various components. This course was designed to learn about the Microsoft functions and tips.


Course Objectives:

1. To be oriented to working with computers
2. To learn the basics of Microsoft Word, PowerPoint and excel
3. To learn to send proper emails

Course content:

- **Module 1:** Introduction to Computers
- **Module 2:** Microsoft 365: one drive – share files
- **Module 3 :**Microsoft Word
- **Module 4 :**Microsoft PowerPoint
- **Module 5 :**Microsoft Excel
- **Module 6 :** Email basics


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VALUE ADDED COURSE

Course name	A beginners course in computer skills
Course code	BCCS21
Duration	18 hours

About the course: Basic knowledge about Computers is a requirement in every field in today's world. This also includes medicine and its allied branches. Thus, this course was developed to help the participants have an introductory session where they could gauge on the basic working and functioning of computers.

Course Objectives:

1. To learn to operate the computer from scratch
2. To learn about Microsoft Word, PowerPoint and Outlook
3. To gain benefits from the internet

Course content:

Module 1: Basic principles of operating a computer

Module 2: Basics of Windows

Module 3: Microsoft Word, PPT and Outlook

Module 4: Microsoft PowerPoint – Advantages & benefits for students.

Module 5: Using Internet for success

Module 6: Make a basic ppt – step by step demo, guidance & practice

Module 7 : Online Search – effectively, efficiently & Reliable strategies

Module 8: Virtual studying – Skype/zoom/Google meet



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VALUE ADDED COURSE

Course name	Speak up - A communication skill course for beginners
Course code	SCB17
Duration	16 hours

About the course: Part of being an individual of some importance in a society requires one to have communication skills that helps one to present oneself in better and effective manner. This course focused on helping doctors in the making to work on this often ignored skill of better and improved communication.

Course Objectives:

1. To understand the importance of better written and verbal communication
2. To use communication forms for better personality development.

Course content:

Module 1: Effective Communication skills – written communication


Module 2: Effective Communication skills – oral communication


Module 3: Non verbal & Visual Communication

Module 4: Active listening

Module 5: Workshop on usage of local dialect (Malwi)

Module 6: Communication skills & personality development


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VALUE ADDED COURSE

Course name	Using local language - A course on communication skills
Course code	LLC19
Duration	16 hours


About the course: Succeeding in your career requires good communication skills. It helps one in their personal and professional relationships. This course was designed to help the participants overcome communication barriers and adapt to differences between people.

Course Objectives:

1. To understand the importance of effective communication
2. To overcome barriers in communication
3. How to adapt to local dialect and differences

Course content:

- Module 1: Importance of effective communication
- Module 2: Communication Barriers
- Module 3: Communication and Body Language
- Module 4: Giving and Receiving Instructions
- Module 5: Adapting to differences: Personality, Culture, and Gender - Use of local dialect (Malwi)
- Module 6: Assessment


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VALUE ADDED COURSE

Course name	Strategizing communication skills
Course code	SCS20
Duration	16 hours

About the course: Being an excellent communicator can help people propel their career. They also help in being understood well and in helping understand the needs of those around us. Keeping this in mind, the course was planned to help the participants learn to direct their communication skills in a positive manner.

Course Objectives:

1. To understand the importance of better communication
2. To learn to focus on both verbal and non verbal communication
3. To place ones thoughts and ideas across positively

Course content:

Module 1: Importance of effective communication

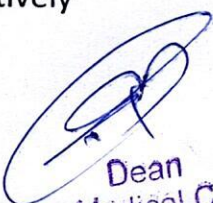
Module 2: Thinking before communicating – A must


Module 3: Speech and language

Module 4: Body Language

Module 5: Rapport Building

Module 6: Writing effectively


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VALUE ADDED COURSE

Course name	Communicating efficiently and effectively
Course code	CEE21
Duration	16 hours

About the course: To be a better teacher one has to effectively discuss problems, request information, interact with others, and have good human relations skills – these are all part of having good communication skills. This course focuses on helping participants learn new and improved ways of communication.

Course Objectives:

1. To effectively communicate ideas to others
2. To actively listen in conversations
3. To Give and receive critical feedback

Course content:

- **Module 1:** Importance of a good communication
- **Module 2:** Keys to effective listening
- **Module 3:** Overcoming barriers in communication
- **Module 4:** Verbal and Non Verbal Communication
- **Module 5:** Voice, Breathing and Posture
- **Module 6:** Assessment


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VALUE ADDED COURSE

Course name	Evidence Based Medicine
Course code	EBM21
Duration	16 hours

About the course: It is a new approach to clinical care & research. "The practice of EBM includes the judicious integration of current best scientific literature, clinical experience and patient understanding and values. The participants learned in detail about the basics and principles of Evidence Based Medicine.

Course Objectives:

1. To finalizing the data to perform EBM
2. To understand steps involved in EBM

Course content:

Module 1: What is EBM?


Module 2: Why EBM?


Module 3: Steps in EBM

Module 4: Principles and Practice of EBM

Module 5: Patient safety

Module 6: Managing the ADRs & emergencies


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VALUE ADDED COURSE

Course name	Homeopathy
Course code	HM20
Duration	16 hours

About the course: Homoeopathy is a traditional system of German Medicine, which has been in practice in the Europe since the 1800 AD. This course focused on getting oriented to the basic knowledge, understanding and clinical application of Homoeopathy.

Course Objectives:

1. To understand the basics of homeopathy
2. To classify types of miasms
3. To understand the steps involved in homoeopathic diagnosis & treatment
4. To describe early preparedness and after management of homoeopathy

Course content:

Module 1: Why homoeopathy

Module 2: Classification of miasms

Module 3: Steps in homoeopathic management

Module 4: Risks involved in the homoeopathy

Module 5: Patient safety

Module 6: Managing the ADRs & emergencies


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VALUE ADDED COURSE

Course name	Panchakarma
Course code	PK19
Duration	16 hours

About the course: Panchakarma is basically an Ayurvedic Shodhan chikitsa which means body purification methods. This course was designed to teach the participants basic understanding of this ancient Ayurvedic body purification method and treatment as modern era life style, competition with each other causes, stress & unhealthy habits, which results in life style disorders.

Course Objectives:

1. To classify types of panchakarma
2. To understand steps involved in Panchakarma
3. To describe early preparedness (poorvakarma) and after management (Pashchatkama) of panchakarma

Course content:

Module 1: Why panchakarma


Module 2: Classification


Module 3: Steps in Panchakarma treatment

Module 4: Early preparedness (poorvakarma) and after management (Pashchatkama) of panchakarma.

Module 5: Patient safety

Module 6: Managing the ADRs & emergencies


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VALUE ADDED COURSE

Course name	Siddha system of medicine
Course code	SSM18
Duration	16 hours

About the course: Siddha is Tamil system of medicine, originated in Indian state Tamilnadu. Siddha is a tamil word, which means an object to be attained or perfection or heavenly bliss. It is the oldest system of medicine of India, even older than Ayurveda. This course was designed to teach the participants in helping patients to revitalize & rejuvenate dysfunctional organs, which improves the health.

Course Objectives:

1. To classify types of siddha system of medicine's treatment
2. To understand steps involved in Siddha system of medicine
3. To describe early preparedness (poorvakarma) and after management (Pashachatkama) of Siddha

Course content:

Module 1: Why siddha system of medicine


Module 2: Classification of principles of Siddha


Module 3: Steps in Siddha system of medicine's treatment

Module 4: Early preparedness (poorvakarma) and after management (Pashachatkama) of Siddha

Module 5: Patient safety

Module 6: Managing the ADRs & emergencies


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VALUE ADDED COURSE

Course name	Yoga & Naturopathy
Course code	YN17
Duration	16 hours

About the course: Yoga & naturopathy is a traditional system of ancient Indian sages, which has been practicing in the Indian continent from more than 10,000 years ago, to get Moksha. This course aimed at helping medical postgraduate students to learn and prepare themselves for the basic understanding of this ancient method and treatment of Indian system.

Course Objectives:

1. Classify Types of yoga & naturopathy
2. Understand Steps involved in yoga & naturopathy

Course content:

Module 1: Why yoga & naturotherapy


Module 2: Classification

Module 3: Steps in yoga

Module 4: Steps in naturotherapy

Module 5: Patient safety

Module 6: Managing the ADRs & emergencies


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VALUE ADDED COURSE

Course name	Clinical Nutrition & health care
Course code	CNHC17
Duration	16 hours

About the course: Clinical nutrition refers to nutrition and its basics based on the body's requirements in disease and health. It also focused on the need in adults and children and how it varies in different age groups.

Course Objectives:

1. To understand the basics of food and nutrients and nutrition education
2. To learn about how nutritional needs in adults and children and disease

Course content:

Module 1: Basic of Food & Nutrients


Module 2: Prevention through nutrition education


Module 3: Nutrition needs in adults

Module 4: Nutrition needs in children

Module 5: Food Safety – Understanding food labels

Module 6: Nutritional requirements in certain specific diseases


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VALUE ADDED COURSE

Course name	Understanding clinical Nutrition
Course code	UCN18
Duration	16 hours

About the course: Clinical nutrition refers to nutrition of patients based on their needs and disease. This course is designed to help the participants to learn about providing nutritional support to patients in circumstances such as disease, distress, stress, and so on. It also focuses on nutritional requirements of conditions as malnourished and burn patients.


Course Objectives:

1. To analyze and then formulate a patients diet as per the need.
2. To learn about how various types of nutrition modes: enteral, parenteral and to provide nutritional therapy to malnourished.

Course content:

- **Module 1:** What is Clinical Nutrition – An Introduction
- **Module 2:** Basic Nutritional requirements
- **Module 3:** Enteral and Parenteral Nutrition
- **Module 4:** Formulas for Enteral and Parenteral Nutrition
- **Module 5:** Nutritional therapy in Malnourished individual
- **Module 6:** Nutritional therapy in major burns


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VALUE ADDED COURSE

Course name	Clinical Nutrition made easy for beginners
Course code	CNB19
Duration	16 hours

About the course: Clinical nutrition refers to nutrition needs of patients both inpatients in hospitals and outpatients at clinics. This course is designed to help the participants to learn about nutritional needs based on various parameters and help the patients in managing their dietary requirements.

Course Objectives:

1. To understand the basics of nutrition based on patients physical and laboratory parameters
2. To learn about nutritional needs in health and disease

Course content:

Module 1: Basics of Clinical Nutrition

Module 2: Physical assessment for signs of poor nutrition

Module 3: Anthropometric measures

Module 4: Laboratory parameters in nutrition assessment

Module 5: Nutrition protocol formulations

Module 6: Nutritional needs in various diseases


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VALUE ADDED COURSE

Course name	Basics of Clinical Nutrition
Course code	BCN20
Duration	16 hours

About the course: Clinical nutrition refers to nutrition of patients in a health care facility. It deals with not only inpatients in hospitals but also outpatients at clinics. This course is designed to help the participants to learn about providing nutritional support to patients and managing their dietary requirements.

Course Objectives:

1. To understand the basics of how nutrients in food are processed, stored and discarded by the body.
2. To learn about how eating affects ones overall well-being.

Course content:

Module 1: Core Concepts of Clinical Nutrition

Module 2: Nutritional Care

Module 3: Malnutrition

Module 4: Disease related Malnutrition

Module 5: Micronutrients abnormalities

Module 6: Nutrition Screening and Assessment

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VALUE ADDED COURSE

Course name	Clinical Nutrition - Applied course
Course code	CNA21
Duration	16 hours

About the course: Clinical nutrition primarily revolves around the scientific fields of nutrition and dietetics. This course helps the participants to get a deeper understanding of the links between the prevention, diagnosis and management of a disease and its nutritional requirements for optimum health and well being.

Course Objectives:

1. To understand a scientific field of nutrition and dietetics
2. To learn about the prevention, diagnosis and management of diseases based on their management.

Course content:

- **Module 1:** Background – Food & Nutrients
- **Module 2:** Contemporary trends in Eating
- **Module 3:** Discussion – Importance of eating right & how to provide the right counseling
- **Module 4:** Nutrition focused physical examination – Knowledge & Practice
- **Module 5:** Food Safety – Concerns & Awareness
- **Module 6:** Discussion – Nutrition plans


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VALUE ADDED COURSE

Course name	An Introduction to Anxiety and Related Disorders
Course code	ARD17
Duration	18 hours

About the course: The course was conducted for all the medical students to learn and prepare themselves to effectively collaborate with colleagues with different experience levels or opinions and get to learn about anxiety and its effects on the daily lives of individuals, and various ways to cope up with it.

Course Objectives:

1. To understand mental health and its importance
2. To learn about the types of anxiety disorders
3. To learn methods to cope up with anxiety

Course content:

Module 1: What is anxiety?


Module 2: Types of anxiety disorders

Module 3: Effects of anxiety

Module 4: Mental health disorders

Module 5: Anxiety in daily life

Module 6: Effective management of anxiety and other related disorders


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VALUE ADDED COURSE

Course name	Anxiety & Psychotherapy - An Introduction
Course code	API18
Duration	24 hours

About the course: This course was designed to understand the basics of anxiety and its related concerns and to handle and deal with anxiety effectively through psychotherapy and prevent related episodes.

Course Objectives:

1. To give the perspective on how does a group of mental illnesses cause constant fear and worry and restlessness
2. To deal with the prevention and management of the condition

Course content:

- Module 1: Anxiety disorder Psychotherapy introduction
- Module 2: Anxiety and its effects
- Module 3: Psychotherapy and its uses
- Module 4: Medications for anxiety
- Module 5: Effective ways to cope up with anxiety
- Module 6: Minimising impact and episode recurrence


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VALUE ADDED COURSE

Course name	Anxiety disorder and Management
Course code	ADM19
Duration	24 hours

About the course: The course focused on the importance of understanding anxiety related problems in students and various methods to deal with it.

Course Objectives:


1. Causes of anxiety
2. Dealing with anxiety among students
3. Techniques for prevention of anxiety

Course content:

- Module 1: Introduction and Basics
- Module 2: Types of Anxiety
- Module 3: Risk Factors and Aetiology
- Module 4: Management of Anxiety I
- Module 5: Management of Anxiety II
- Module 6: Prevention of Anxiety



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VALUE ADDED COURSE

Course name	Anxiety and its effects on individuals
Course code	AEI20
Duration	24 hours

About the course: The course was designed to improve the participant's knowledge on anxiety and to learn the basics and details of prevention and management of the condition

Course Objectives:

1. To learn about effects of anxiety on individuals
2. To learn ways to deal with it on a daily basis.

Course content:

Module 1: All about anxiety

Module 2: Daily stresses of life that lead to anxiety

Module 3: Signs and symptoms of anxiety and mental health disorders -

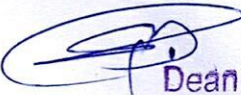
I

Module 4: Signs and symptoms of anxiety and mental health disorders -

II

Module 5: Impact of COVID on mental health

Module 6: Effective management of mental health disorder


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VALUE ADDED COURSE

Course name	Anxiety Disorder, Prevention & management in undergraduates
Course code	APM21
Duration	18 hours

About the course: It was designed to provide insights into the basics of anxiety disorder and its effects and management in Medical undergraduates

Course Objectives:

1. To broaden the participant's knowledge on anxiety.
2. To understand how a group of mental illnesses causes constant fear and worry and restlessness.

Course content:

Module 1: Introduction and basics

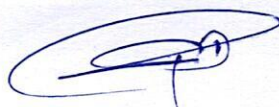
Module 2: Types of Anxiety

Module 3: Discussion on increasing cases of anxiety disorders in medical students - I

Module 4: Discussion on increasing cases of anxiety disorders in medical students - II

Module 5: Risk factors and etiology

Module 6: Signs & Symptoms of anxiety



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VALUE ADDED COURSE

Course name	Life skills with focus on career and professional skills in students of medical colleges
Course code	LFC18
Duration	16 hours

About the course:

Life skills are important contributor to development of an individual in their personal and professional lives. Keeping this in mind this course was designed where the participants were introduced to different life skills and their concepts and also explained which life skill will help which individual personally

Course Objectives:

1. To be introduced to various life skills
2. To understand which life skill is more important for the participant
3. To learn about stress management and social skills

Course content:

Module 1: Introduction to life skills

Module 2: Classification of life skills

Module 3: Career and Professional Skills

Module 4: Accepting Criticism

Module 5: Social and Negotiation Skills

Module 6: Stress Management



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